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AMUSEMENT NOTES.

The Opera "Faust" at Barre Opera House Dec. 25.

Every once in a while, and not any too often, our music loving theatre patrons are afforded an opportunity of hearing opera. Most of the time, however, the operas presented are rather too cumbersome to meet the approval of the masses; that is to say, the music of grand opera is as a rule, just a little above the heads of the class of people who attend the theatre frequently for the sake of diversion--hence, the announcement that Faust will be sung in English at the Barre opera house, matinee and evening, Dec. 25, comes with no little pleasure.

The New York Opera company is an organization composed of such well-known operatic talent as Henri Barron, acknowledged to be a really great tenor, late with the Bismarck Concert company and the original first tenor of "Savage's" "The Girl of the Golden West"; Joseph Florian, basso of the Boston Grand Opera company; Lucia Nola, Bertram Bailey, Edmee de Druex, and other, known to those who keep a mental record, as it were, of operatic events. Edythe van Slyke, an American lyric soprano of international fame, will be heard as "Marpurita," a role in which she has fully justified all claims to her place in the front rank of truly great artists.

"Faust" will be presented with proper scenic and costume detail, and in order

that the chorus numbers should receive special attention, the principals interpret them in a manner wholly satisfying to lovers of splendid harmony--adv.

BERLIN ADMITS CRUISER SUNK.

Bremen and Torpedo Boat Destroyed by Submarine in the Baltic Sea.

Amsterdam, via London, Dec. 20.--It has been officially announced in Berlin that the small German cruiser Bremen and a torpedo boat accompanying her have been sunk by a submarine in the eastern Baltic sea. The announcement stated that a considerable proportion of the crews of both vessels were saved.

The Bremen was built in 1902. She had a displacement of 3250 tons, was 340 feet long and 43½ feet beam, and in peace times carried a crew of about 300 men.

LIFT BAN ON POTATOES.

Removal of Quarantine Against Tubers Effective Jan. 1.

Washington, Dec. 20.--The federal quarantine against shipments from foreign countries of Irish potatoes affected with powdery scab was removed Saturday by an order of the department of agriculture, effective Jan. 1.

Canadian potatoes may be shipped into the United States without certification, under an arrangement with the Canadian

minister of agriculture. Inspection at ports of entry of potatoes from other countries will continue.

Islands in a Sea of Lava.

The valley of the ancient Snake river in Idaho was flooded with great outpourings of black lava, which spread out sheet on sheet, burned the old land surface, and partly filled the valley with molten rock, which solidified and has remained to this day undisturbed except for the gorges that the streams have cut in it. In some places old mountain peaks project through the petrified lava dome as islands project above the surface of the sea, and old ridges stick out into it as capes and promontories.

The area covered by the Snake river lava is about 20,000 square miles. So far as is now known, there is but one lava field in North America of greater extent, the Columbia river lava field, which covers about 200,000 square miles, in Snake river canyon below Shoshone falls nearly 700 feet of horizontal sheets of lava are exposed, but whether this is the maximum thickness or not cannot be told. Overland Guidebook, bulletin 612, U. S. G. S.

Touched.

"I supposed you were touched when your wife gave you that \$30 easy chair for your den!" "I was touched before she gave it."--Boston Transcript.

Topics of the Home and Household.

Clothes that must be ironed in a short time must be sprinkled with very hot water.

In making suet pudding if you grind the suet and steam the pudding in a tube pan it will be infinitely improved.

The liquor from any canned fruit may be made into a fruit jelly. Serve with whipped cream it makes a nice dessert. Chopped nuts stirred into the jelly as it begins to harden are a worthwhile addition.

One way to keep a veil from blowing, especially when riding in an automobile, is to fasten the ends to the coat or gown with those little metal clips which are sold in men's furnishing stores for holding down the ends of cravats. Unless the chiffon automobile veils are held in place they are apt to blow in an annoying way in one's own face and in that of one's neighbor.

Banana Relish--Arrange a sliced banana in a ring on an individual serving-dish. Garnish with parsley. In the center place a scalloped lemon cup filled with a dressing of lemon juice and powdered sugar.

Slices of oranges may be arranged in the same way with an orange cup in the center containing whipped cream mayonnaise.

Cup Custards--Six eggs, half a cup of sugar and one quart of new milk. Beat the eggs with the sugar and add a teaspoon of vanilla. Mix carefully with the milk, fill the custard cups, and set into a pan of hot water in a slow oven. Anything which has eggs and milk in combination must be cooked at a low temperature. When the handle of a spoon or the blade of a knife comes out clean from the custard, it is done. Set aside to cool. A little nutmeg is often grated over the tops of these cup-custards, just as they come from the oven. They are served in the cups in which they were baked.

Curing Headache Without Medicine.

Water cure is not new; it was discovered away back in the seventeen hundreds. The principles of the water-cure are very simple. Pain, he states, is usually dependent upon disturbance of the circulation. It is caused by pressure upon the nerves by overfilled veins and arteries.

The first thing to do to relieve pain, therefore, is to equalize the circulation. Force the blood gently from the congested part and thus remove the cause of the pain. In doing this both hot and cold applications are used, says the Ladies' Home Journal. Cold water applied to a congested region contracts the minute blood vessels and lessens the flow of blood to that region. Heat applied to a region expands the blood vessels, relaxes the surrounding tissues so that the nerve fibres are relieved from pressure, and by the quickening of local circulation the congestion is relieved.

If the patient is suffering with headache he should be put to bed, wrapped in a sheet in warm weather or a cotton blanket in cold weather, so that while the treatment is ended there will be no discomfort from wet garments.

Hot applications should be as hot as can be borne, and cold ones should be ice cold. A vessel of boiling water and a pan of ice water should be at the nurse's elbow, so that the changes may be made quickly and easily.

Nervous headache is perhaps most common. It indicates overworked or exhausted nerves, and to prevent its recurrence attention should be given to the balancing up of the nerves by definite and intelligent treatment. But to get rid of that throbbing, splitting pain in the temple is the immediate desire, and this is what the nurse must do:

First wring a cloth out of ice water and apply it to the front and sides of the neck. This cold compress contracts the carotid arteries that carry the blood to the head. Then place a hot-water bag at the back of the neck and a cold compress to the face, leaving only the nose exposed. The hot-water bag and the cold compress should be left on only so long as it takes a deft person to wring a piece of cheesecloth or soft old linen from boiling water. Then the hot-bag should be removed from the base of the brain and an ice-bag put in its place, while the cold compress on the face should be thus alternated as rapidly as possible for five or six minutes, or ten minutes at the most. If relief is not afforded in this time it is well to discontinue the treatment for half an hour and then repeat it.

Many headaches caused by disturbance of the stomach and liver or by the irritation of other internal organs. While cure of the disorder is necessary for permanent relief temporary respite may be obtained by the application of hot fomentations to the affected side of the head, and by a hot fomentation to the stomach, or to the spine just back of the stomach, or to the lower abdominal regions. A fomentation is a woolen cloth wrung from boiling water and applied as hot as it can be endured. For the face a small strip of flannel is sufficient, but for the body the cloth should be a large one and thick enough to retain the heat for at least five minutes. Cover with a dry piece to keep the heat and steam next the body.

Three applications are sufficient, requiring about 15 minutes in all. At the same time it is well to have the patient's feet rest in a foot tub partly filled with hot water and placed on the bed. If the trouble is in the stomach copious warm drinks may be taken to induce vomiting. Follow the fomentation and the foot bath by a quick sponging of the feet and treat other parts with cold water.

The congestive headache indicates an over-supply of blood in the brain. It is caused by mental overwork, loss of sleep, excessive mental anxiety, and the use of liquor, opium and other drugs.

Again the patient should be put to bed, and it is well to have the patient's head raised slightly above the level of the body. Here also the hot foot bath is of great assistance in drawing the blood from the overcharged brain. Then an ice-bag should be placed at the back of the neck to contract the cerebral arteries, and another at the top of the head. In the absence of a regular ice-bag a hot-water bottle filled with ice water and surrounded by a towel will serve the same purpose. Across the neck in front and well back under the ears should be placed the cold compress, to contract the cerebral

arteries, which also supply the brain with blood. Having by those means checked the flow of blood to the brain and reduced the abnormal temperature a further measure is the application of a hot compress to the face. This will dilate the face muscles and draw blood to this part. The compresses on the face and neck should be changed every minute or two, to keep them very hot and very cold, and the treatment continued for 15 or 20 minutes. When the ice-bags are removed the feet should be sponged with cool water and wiped dry.

Sick headache comes from the stomach. If the cause of disturbance is removed by a hot-water emetic or an enema the headache may disappear without further treatment. But few persons want to wait for the righting of the stomach, and relief may be brought about by simultaneous hot and cold treatments to regulate the circulation of the blood. This means the cold compress about the neck, a hot-water bag or hot fomentation at base of brain, and simultaneously a cold compress over the forehead and eyes. At intervals of three minutes these applications should be alternated with an ice-bag at base of brain and a hot compress over the forehead and eyes. The change should be made five or six times, always finishing with the cold application. Dorothy Dexter.

EAST CABOT.

School closed Friday for the holidays, with exercises in the afternoon. Miss Tanner, the teacher, returned to her home in Marshfield.

Arthur Read came Saturday from Lyndon to spend the Christmas vacation, of two weeks with his parents, Mr. and Mrs. I. D. Read.

Miss Inez Abbott is home from Hardwick for the holidays.

Miss Harriet Guy of Woodbury is working at G. D. Morse's.

Bull Run Exactly Located.

It is most jarring to our vanity to be compelled to own up that we do not know where Bull Run is located. We have held up this confession for a full week hoping against hope that we might be able to find out. We now take our place at the foot of the class and humbly request somebody to come forward and answer the question.--Bennington Banner.

Listen. You get off at Northfield station; walk or ride or pedal up Main or Central streets of Northfield village; past the Norwich university buildings; right on through the Center village, turn at the cemetery by the right-hand road; continue past the state rifle range and within easy view of the Dog River Valley fair grounds until you almost pass under the historic Harlow bridge on your way to West Roxbury. Just here you cross a small stream flowing down from the southward and emptying into the Dog a few rods away. If you look under the covered bridge that carries the highway over it you will see Bull Run. It is several miles long and when we used to fish it the stream furnished power for one or more sawmills. The valley is a distinct farming and lumbering locality. We never heard the derivation of the name given this affluent of the Dog. Perhaps someone will provide it. But Bull Run ought not to be lost to fame and we hasten to rescue it from oblivion.--Randolph Herald.

Will He Steal the Plank?

One of the most practical methods in practical politics is that of raiding a lumber yard. While this way of attaining or keeping power was by no means invented by the thinnest living ex-president, it was perfected by him. When he saw a popular plank in the lumber pile from which a rival party planned its platform, he stole it away and made speeches about it and, finally, embodied it in a message to Congress.

Signs are not wanting that this same method will be put to use by the president. Prominent insiders of his party declare that he has his eye upon the tariff plank, now in the possession of the other party. It is intimated from Washington that he left the tariff out of his annual message in order to emphasize it later in a special message.

Just how he will do this is not known. He may commend an expansion of the federal trade commission so that it will cover the tariff. He may ask for a special tariff commission, says one correspondent, to be composed of non-partisan experts. That he will do one or the other is highly probable.

Undoubtedly such a move would be good politics. It would deprive the party of the opposition of its oldest and most cherished battle cry. Many who this year returned to the Republican party because they did not like the present tariff would at least glance with favor toward a party which had achieved a tariff commission.

The really important point, however, is the strength of the country and not the strength of the president. Until, from one source or another, the country is given a tariff commission, the industries will be at the mercy of the scientific tariffs of other great industrial nations.--Boston Globe.

The Vermont Bull Run.

Elsewhere in these columns The Herald has reproduced an interesting series of quotations brought out by the query of the Vergennes Enterprise and Vermonter as to where Bull Run was located in the state of Vermont.

When so thoroughly a student of Vermont as Mason S. Stone professes ignorance of such a locality, mere editor might well be pardoned for pleading guilty to the charge of never having heard of it.

Mr. Henry H. Branchaud of this city, a mail clerk, informs The Herald that Bull Run was a station on the Rutland railroad in the early 70's. It was located, according to this competent authority, a short distance north of the present station of Fowler. The older residents of Branchaud and Pittsford, Mr. Branchaud states, when coming to Rutland, often speak of going by way of the Bull Run road, by which they mean what is now known as the Florence road.

The serious evidence might well convince the editor of The Herald in his own territory were it not for the fact that Sister Errol M. Whitney of the northfield News launches boldly into type this week with the statement that Bull Run is a thriving and considerable suburb of Northfield.

The Herald would be inclined to back local judgment in the average case, but unquestioned testimony such as The News offers is not to be overruled with impunity.

What a poor, feeble, more man would like to know is: Are there two Bull Runs, or more, or is the whole engagement merely a fragment of political humor such as that described in the Philpott book, "The Quest of Deen Bridgman's Cousin"?--Rutland Herald.

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